



Rib-Eye Steak in Gremolata-Like Marinade

 Gluten Free

READY IN



145 min.

SERVINGS



4

CALORIES



860 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 cups balsamic vinegar
- ☐ 1 pinch cayenne
- ☐ 1 cup coconut or fresh chopped
- ☐ 4 ounces feta crumbled
- ☐ 1 cup mission figs dried halved
- ☐ 8 cloves garlic chopped
- ☐ 0.3 cup half-and-half
- ☐ 1 lime zest juiced

- ☐ 2 lime zest juiced
- ☐ 1 cup mint leaves chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings olive oil
- ☐ 0.5 cup freshly parsley leaves chopped
- ☐ 1 cup parsley leaves chopped ()
- ☐ 2 large poblanos
- ☐ 1 carton raspberries
- ☐ 0.5 teaspoon chili flakes red
- ☐ 1 onion red thick sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 2 inch rib-eye steaks thick
- ☐ 4 servings vanilla salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup onion sweet chopped
- ☐ 5 pound watermelon seeds removed peeled sliced

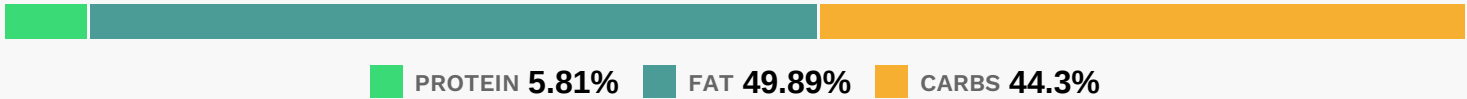
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ cutting board

Directions

- ☐ Combine all the ingredients and spread half over the top of steaks. Put plastic wrap over steaks and flip to coat other side with remaining gremolata. Wrap and let sit for 30 minutes to 1 hour. (Also can be done using a plastic resealable bag.) Flip steaks once while marinating.
- ☐ Heat grill to medium-high heat. Grill steaks for 4 to 5 minutes on each side for medium-rare.
- ☐ Remove to a serving platter and let rest for at least 10 minutes.
- ☐ Grill poblano peppers until they are charred and soft.
- ☐ Remove to a cutting board and chop.
- ☐ Add them to a blender along with the remaining ingredients and blend until smooth
- ☐ Transfer to a serving bowl.
- ☐ Place watermelon slices on the grill until they get nice char marks.
- ☐ Remove to a cutting board and chop.
- ☐ Place the watermelon into a large bowl and add the raspberries, coconut and crumbled feta. In another bowl whisk the onion, vinegar, olive oil, vanilla salt, and cayenne to combine.
- ☐ Pour over the watermelon mixture, add mint, and toss.
- ☐ In a medium saucepan over low heat, add the figs, balsamic vinegar and chili flakes. Simmer until it reduces by 1/3, then strain the vinegar into a medium bowl.
- ☐ Add the onions and drizzle with olive oil. Season with salt and pepper, to taste, and let marinate for 30 minutes to 1 hour.
- ☐ Place on the grill for a few minutes to char each side.
- ☐ Serve rib-eyes with cream sauce, salad and glazed onions.

Nutrition Facts



Properties

Glycemic Index:126.92, Glycemic Load:50.27, Inflammation Score:-10, Nutrition Score:37.178260668464%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.01mg,

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg
Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 22.75mg,
Hesperetin: 22.75mg, Hesperetin: 22.75mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin:
1.71mg, Naringenin: 1.71mg Apigenin: 49.14mg, Apigenin: 49.14mg, Apigenin: 49.14mg, Apigenin: 49.14mg Luteolin:
8.21mg, Luteolin: 8.21mg, Luteolin: 8.21mg, Luteolin: 8.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg,
Kaempferol: 3.24mg Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg Quercetin:
12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg

Nutrients (% of daily need)

Calories: 860.01kcal (43%), Fat: 49.28g (75.81%), Saturated Fat: 15.66g (97.88%), Carbohydrates: 98.46g (32.82%),
Net Carbohydrates: 87.4g (31.78%), Sugar: 70.51g (78.34%), Cholesterol: 31.3mg (10.43%), Sodium: 594.91mg
(25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin K: 400.02µg (380.97%),
Vitamin C: 166.57mg (201.91%), Vitamin A: 6271.79IU (125.44%), Manganese: 1.21mg (60.51%), Fiber: 11.06g (44.25%),
Potassium: 1500.38mg (42.87%), Vitamin B6: 0.83mg (41.62%), Vitamin E: 5.93mg (39.51%), Calcium: 358.78mg
(35.88%), Iron: 6.24mg (34.67%), Magnesium: 133.53mg (33.38%), Vitamin B2: 0.53mg (31.07%), Copper: 0.61mg
(30.44%), Phosphorus: 298.09mg (29.81%), Vitamin B1: 0.41mg (27.01%), Folate: 102.49µg (25.62%), Vitamin B5:
2.21mg (22.11%), Zinc: 2.59mg (17.3%), Selenium: 10.78µg (15.39%), Vitamin B3: 2.82mg (14.08%), Vitamin B12: 0.53µg
(8.82%)